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JULY 2026

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ON THE COVER

Milkyway over Picketpost Mountain by John Power

SUPERSTITIONLIVING

Celebrating the joy of living in the foothills of the majestic Superstition Mountains.

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JULY **2026**

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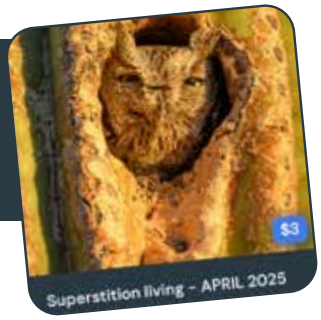

You can read them all online at issuu.com/SuperstitionLiving

This magazine is paid for by Local advertisers and is free to pick up from the Apache Junction Chamber of Commerce, and the Gold Canyon Visitor Center, as well as, other businesses around the area.

This Publication would not be here if it wasnt for the support of our Local Businesses, Thank you!

Article & Photo Submissions Welcome & Encouraged!

Please limit stories to approximately 400 words, and Calendar events to 100 words. You may submit Articles and Events to editor@mansurdesign.com or at the upload form on SuperstitionLiving.com

We are primarily interested in stories directly related to our circulation area. We will run these stories and photos based on space available each month. No guarantee of publication is made.

This is not a platform for complaints or political agenda.

Opinions expressed in editorial or advertisements do not necessarily represent the view or opinion of Mansur Design Co.

No liability is accepted for errors or omissions in editorial or advertising copy. We make every effort to ensure the accuracy of the publication but are not immune from mistakes.

We reserve the right to refuse any editorial or advertising copy that is not compatible with our publication standards.

Advertising rates and other information are available at SuperstitionLiving.com

DEADLINES

All editorial, photo and advertising are due by the 10th of each month prior to the month of publication.

CONTACT:

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Jessie Mansur
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MAIL APPLICATION TO: ADOBE 6499 S. Kings Ranch Rd. STE 6, Gold Canyon, AZ 85118 Email: *adobegoldcanyon@gmail.com*

A.D.O.B.E. NEWS
GLENNWALP
A.D.O.B.E PRESIDENT

Greetings to All ADOBE Members and Friends

In last month's edition of *Superstition Living Magazine*, Ms. Jessie Mansur of Mansur Designs wrote in the "Letter to the Editor" section, *"...this may be the last year that I will be producing Superstition Living Magazine*." Ms. Mansur was kind enough to discuss this matter with ADOBE in May 2026.

As noted in her letter, Jessie outlined the magazine's history, which began in the late 1990s when Ray's Printing partnered with ADOBE to publish "*The Ledger*." The publication later evolved into "*Superstition Living"* in 2016. At that time, Jessie assumed responsibility for most of the magazine's operations, and in 2020, she became its owner.

Since then, Jessie has provided the Gold Canyon community with an exceptional and consistent source of local news, advertising, and community information. Simply put, the magazine has served as the area's primary source for news, advertisements, and announcements of local events. As Ms. Mansur regretfully indicated, 2026 may be its final year of publication. Having lived in Gold Canyon since 2005, I can say with confidence that if the magazine ceases publication, it will be greatly missed, indeed, greatly missed.

Jessie also noted that the publication has enjoyed a remarkable 30-year run, and for a community-driven magazine, that achievement is extraordinary, and I wholeheartedly agree. Looking ahead, ADOBE will celebrate a milestone of its own at its January 2027 Community Meeting, marking the organization's 38th anniversary. During that meeting, several longtime ADOBE members, Mrs. Sandie Smith (former Pinal County Supervisor), Mrs. Dolly Winkelmann (ADOBE Historian), and the well-known, effervescent Gold Canyon resident and ADOBE Vice President, Mr. Rick Hardina, will present a program highlighting ADOBE's early history and remarkable development. If you are a history enthusiast or simply enjoy learning more about the area in which you live, you will find this program especially informative and enjoyable.

ADOBE extends a special thank-you to the individuals and businesses who continue to support ADOBE's long-standing commitment to preserving the character and heritage of Gold Canyon. While growth and development are inevitable, we need not accept the negative consequences that often accompany unchecked expansion. Thank you for helping us advocate for and protect the community we all value.

A final thought regarding *Superstition Living*: If you know of anyone who may be interested in assuming ownership and continuing the publication, should Ms. Mansur decide to pursue other opportunities, please contact Ms. Jessie Mansur at Jessie@mansurdesign.com

Glenn A. Walp, PhD • **ADOBE** – "*The Voice and Heart of Gold Canyon since 1989"*
Adobegoldcanyon.org

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10793 E Sleepy Hollow Trl $800,000
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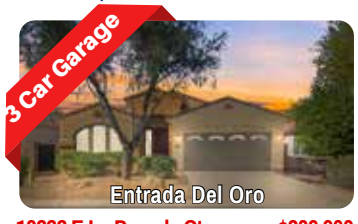
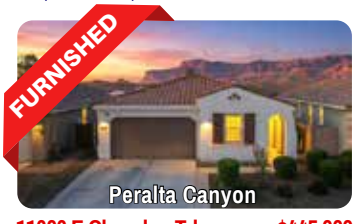
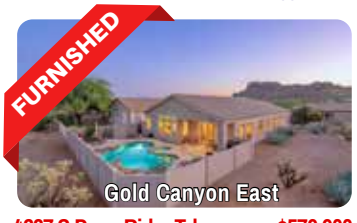


18222 E La Posada Ct $389,900
2070sf, 3br, 2ba, 3cGar + Like New Vacation Home, Many Upgrades, Great Buy $188 sq ft!



11606 E Chevelon Trl $445,000
1912sf, 4br, 2ba, 2cGar + MTN Views! Energy Efficient 5-year old Home on a Premium Lot!



4237 S Pony Rider Trl $579,900
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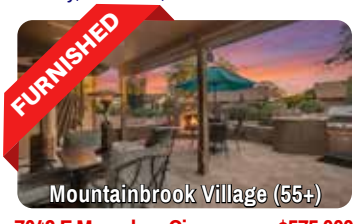
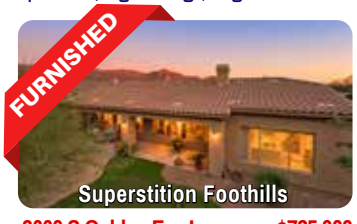


7643 E Menodora Cir $575,000
2214sf, 3br, 2ba, 2cGar + New Roof & HVAC Huge Paver Patio with Fireplace & BBQ +++



3660 S Golden Eye Ln $725,000
3351sf, 4br, 3.5ba, 3cGar + Den, New Appl & Shwr, FP, Putting Green, BBQ, Views & More!

SOLD / CLOSED in June 2026

5/27/26 5372 S **Red Yucca Ln,** Our Seller ~ **Sold at 98% of List Price! / Cash!**
6/4/26 4957 S **Louie Lamour Dr**, Our Seller ~ **Sold at 98% of List Price!**
6/5/26 4327 S **Las Villa Way,** Our Seller ~ **Sold in 0 Days! / Cash!**
6/5/26 4327 S **Las Villa Way,** Our Buyer ~ **Sold in 0 Days! / Cash!**
6/19/26 10771 E **Surveyor Ct,** Our Seller ~ **Sold Over List Price!**
7/3/26 2466 S **Pinyon Village Dr,** Our Seller ~ **Cash Sale!**
7/6/26 9962 E **Rugged Mountain Dr**, Our Seller ~ **Sold at List Price!**

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LOCALEVENTS

COMMUNITY CALENDAR

Submissions are due 10th of the month prior
editor@mansurdesign.com

Saturday, July 4th from 6pm - 9pm - 4th of July Celebration | Join the City of Apache Junction Parks & Recreation for our upcoming Fourth of July and America 250 Celebration! We will be kicking off events at the 4th of July Volleyball Tournament held at Superstition Shadows Aquatic Center. *Registration for the free tournament begins at 7:15am. Space is limited to the first 8 teams (up to 10 players per team) to register.* The tournament begins at 8am. Superstition Shadows Aquatic Center will be open for swimming from 9am-3pm on the 4th of July, with FREE admission, sponsored by Aaron McDermid State Farm!

The evening portion of the event will be at Superstition Shadows Park, located at 1091 W. Southern Ave. The gates will open at 6:00pm. Event activities include vendor booths, field and water games, inflatables, free watermelon sponsored by Apache Junction Little League, and more! Local band Outside The Line will be providing live music from 6:30-8:30pm and we will kick off the fireworks show at 8:30pm, weather permitting! This is a free event and open to the public, with food and beverage available for purchase from local vendors. **Parking is limited, so please come early!** There will be traffic restrictions at the conclusion of the event, please plan for 20-30 minute delays. *The 4th of July festivities are all located on School Property and no consumer fireworks, alcohol, smoking or weapons will be allowed at the event or adjacent parking/viewing areas (bags and coolers brought in to the facility will be checked).*

For more information on this program or other programs and services, please contact the Parks and Recreation Department at 480-474-5240 or visit our website at www.apachejunctionaz.gov/parks.

Events Continue at Boyce Thompson Arboretum, Check the complete event pages on their website at www.btarboretum.org/event or contact the Visitor's Center at 520-689-2723. You may also Email: info@btarboretum.org.

Exciting Activities year round at the Superstition Mountain Museum, Call 480 983-4888 or visit www.superstitionmountainmuseum.org for schedule of classes and events.

Visit Lost Dutchman State Park, Check the website www.azstateparks.com/lost-dutchman/ for a schedule of events and activities. Call 480-982-4485

Saturday, July 4th, from 3pm-10pm —3rd Annual Camerican Car show - Americas 250th Celebration! | Join InFamous Mopar AZ on July 4, 2026, at the Mesa Convention Center during the Arizona Celebration of Freedom as we honor America's 250th Anniversary with an incredible showcase of American horsepower and patriotism. Enjoy a lineup of amazing vehicles alongside family-friendly festivities including fireworks, laser light shows, splash zones, food, and more. The car show will feature Top 5 Vehicle Awards and a full evening of community celebration.

This event takes place just south of Building C at the Mesa Convention Center and is part of one of the Valley's biggest Independence Day celebrations.Located at 263 North Center Street. Mesa, AZ 85201

Sundays in July(5, 12,19,26) Superstition Sundaze - Sunday Market from 11am-2pm | Join us at Superstition Yoga, 185 N. Apache Trail #10 in Apache Junction, for Your New Sunday Ritual | • Local Handmade Goods • Vintage Finds • Jewelry + Accessories • Art + Home Decor • Wellness + Apothecary • Boutique Vendors • Tea, Community + Slow Browsing. Every Sunday brings new vendors, fresh energy, and beautiful little things to discover inside the studio.

Mondays in July(5, 12, 19, 26) Martini Mondays at Dirtwater Springs! | Join us every Monday for Martini Mondays at DirtWater Springs, where the flavors of the Sonoran Desert meet handcrafted cocktail creativity! Enjoy an impressive lineup of specialty martinis starting at just $5, including favorites like the House Classic, Kate's on the Run, Lips of a Cowgirl, and the spicy Lone Star. Looking for something a little more adventurous? Explore our $7 martinis such as the refreshing Sunny Day, indulgent Chocolate Madness, or shimmering Hidden Rose Quartz. For a truly elevated experience, treat yourself to one of our premium $9 martinis, including Stifler's Mom or the signature Nosey Kates, served with a dramatic smoke bubble. Gather your friends, relax in our unique Wild West atmosphere, and discover why Mondays are worth roaming for at DirtWater Springs! We are located at 586 W Apache Trl, Apache Junction - we would love to see you there!

Thursday, July 9th, from 6-8pm — Paints & Pints! AJ Parks and Rec is teaming up with Cat Wagon Tap and Bottle for Paints & Pints! Each month will have a different theme for its painting, so no two months are the same! Paints & Pints will begin at 6pm, and it should take about two hours to finish. Registration is $40 and open to anyone 16 years or older. Registration covers all painting supplies and a free drink (pint, wine, soda)! Paints & Pints will be held at Cat Wagon Tap and Bottle, located at 2430 W. Apache Trail #4 in Apache Junction. *Space is limited, so make sure to register online at https://www.apachejunctionaz.gov/111/Parks-Recreation* — ***Next event is Thursday, August 6th!***

July 24th, From 6-8pm Holiday Heat Wave @ Superstitions Shadows Aquatic Center | Join us for a festive summer pool party that brings cool winter cheer to the hottest time of year. Dive into holiday-themed games, crafts, music, and plenty of poolside fun. It's a fun twist on a classic holiday celebration - summer style! For $3 per person grab your swimsuits, bring

your friends, and get ready to celebrate the season early in the pool. Superstition Shadows Aquatic center is located at 1091 W. Southern Ave, Apache Juction. 85120

JULY EVENTS AT AJ PUBLIC LIBRARY

1177 N Idaho Rd, Apache Junction, http://www.ajpl.org/

Wednesday, July 1, 4-5 p.m. Cricut Drop-In | Stop by to learn about the Library's Cricut machine, talk about your ideas, or get help with any issues. Drop in anytime between 3-5 on the first Wednesday of every month.

Thursday, July 2, 3-5 p.m. Cosplay Club | Craft, Connect, Cosplay! Ready to bring your favorite characters to life? Connect with other creators, share tips and tricks, and use our tools and resources to craft amazing costumes. All skill levels and ages welcome. Drop in to our Makerspace every 1st Thursday.

Thursday, July 2, 5 - 7 p.m. Independence Day Craft: Cork Wall Art | Celebrate America's 250th birthday and the 4th of July with this cork craft. Transform corks, paint, and cardboard into patriotic art you can display anytime. Adults & teens welcome.

AZ@Work Job Search Help - Now with more days and times! | AZ@Work will be at the library to support patrons with their job search. From resumes to applications to cover letters. **Monday, Monday, July 6, 13, 20, 27, 11 a.m. – 1 p.m. Tuesday, July 7, 14, 21, 28, 10 a.m.-noon.**

Monday, July 6, 20, 4 - 6 p.m. —Maker Mondays | Adults are welcome to join us for fun, simple crafts. Relax your mind and free your creativity to begin the week. All supplies provided; no registration required.

Wednesday, July 8 – Friday, July 17, 9 a.m. – Close Scholastic Book Fair | Reexperience the joys of the book fair by visiting our annual Scholastic Book Fair! Little, Kids and Teens (birth-18) earn a FREE BOOK at the Scholastic Book Fair for finishing the Summer Reading Program! Little - read 50 books, Kids & Teens - read 1000 minutes! *You can purchase books too!*

Wednesday, July 8, 4 p.m. Seed Up Meet Up | Help us fill our seed packets for the seed library, hear from Superstition Master Gardeners, ask questions about your home garden, & learn about Earth Heart Park and Community Garden! Topic: Seed Starting Basics!

Thursday, July 9, 5-7 p.m. - Family Summer Camp Night | A nostalgic summer camp experience packed into two hours. We will have bracelet making, water balloons, tie-dye, relay racing and more. Wear clothes or swimsuits you don't mind getting wet!

CONTINUED ON PAGE 8

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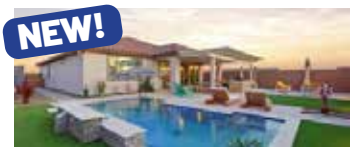

12258 E BALLENTINE RD, PERALTA CANYON

12281 E PIVOT PEAK, PERALTA CANYON

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7387 E CLIFF ROSE TR, SUPERSTITION FOOTHILLS

6599 E CASA DE LEON LN, SUPERSTITION FOOTHILLS.

6123 S VISTA POINT DR. GATED VISTA POINT

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Monday, July 13, 27, 4:30 – 7:30 p.m. - Chess Club | Puzzles, Lessons, and Open Play for all ages and skill levels, with a member of US Team Chess League!

Monday, July 13, 5 - 6 p.m. - Get the TEA on Spices | Did you know that Tea sparked the beginning of the American Revolution? Join us for an informal event about Tea, Spices and the East India Trading Company. As part of the event, you will create your own Spice Rub and Tea Blend to take home! *For teen 13+ and Adults!*

Wednesday, July 15, 3-4 p.m. - Biblio Bites Demo – *Cinnamon Ice Cream |* Cool down and scoop into the sweet flavors of Summer! Whip up your own velvety, no-churn cinnamon ice cream using a few simple ingredients, without fancy machines. Taste a spoonful of your homemade creation or take it home to freeze for later! *All supplies provided. Booking required and limited to 20 participants. Visit our website or call the library at 480-474-8555 to save your spot. For Ages 13+.*

Thursday, July 16, 5-7 p.m. Hobby Swap | Bring crafting supplies, tools, materials, and hobby items to our Hobby Swap! Drop them off and then look through other donations to take home what you would like. *Examples of things to bring: scissors, yarn, fabric, craft books, paper punches, rulers, glue, markers, paint, game minis, stickers, journals, scrapbooking paper, stencils, construction paper, crayons, etc.*

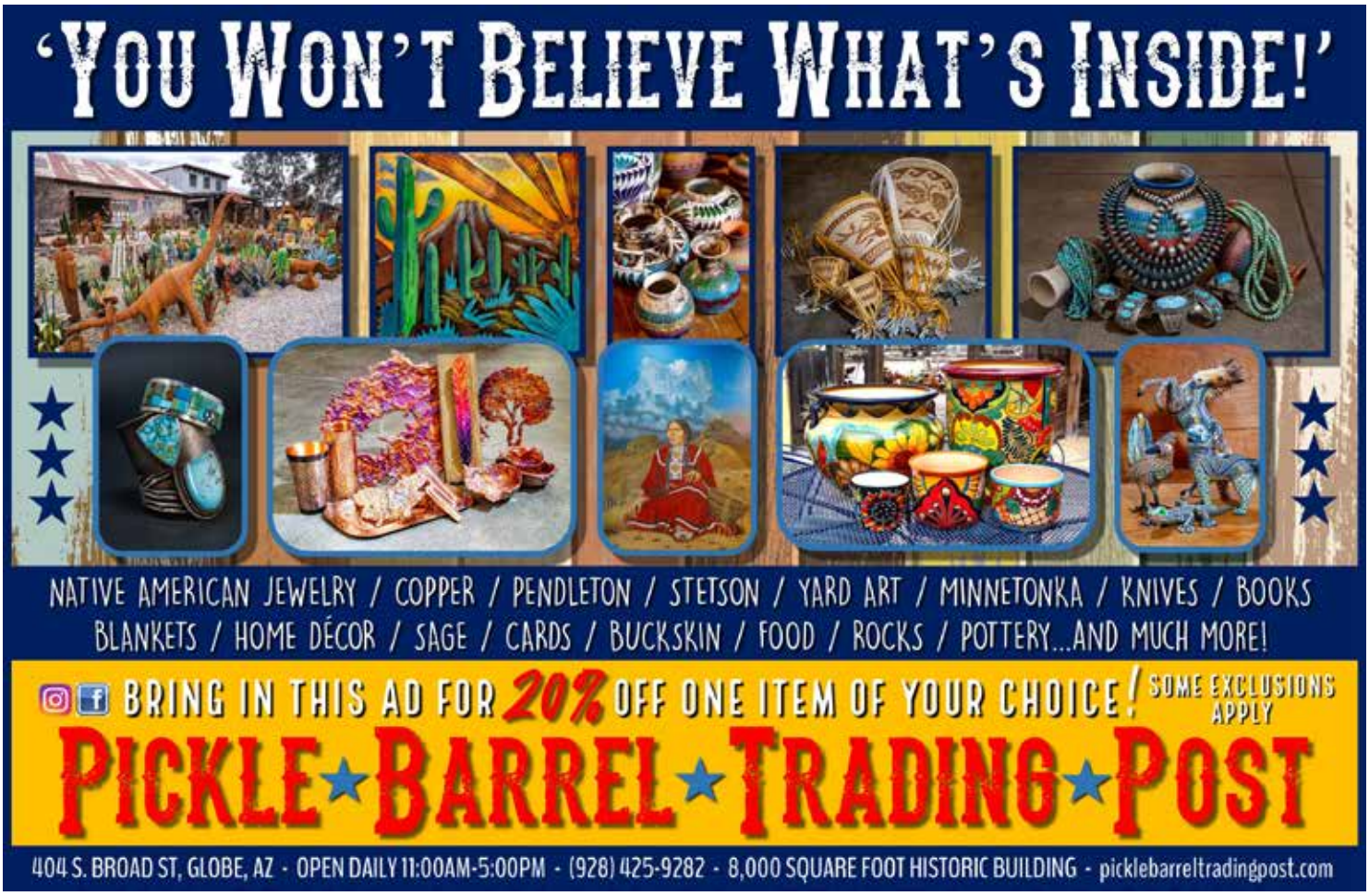
Thursday, July 16, 6:30 p.m. - Books & Brews | Join us at the Handlebar Pub & Grill in Apache Junction. Bring a book that fits the monthly genre or any you've enjoyed lately. Delight in discussion and libations on the pub's patio, plus 10% off your bill! **Genre: Biographies**

Friday, July 17, 10 a.m. - Breathe Again: Learning to Live After Loss | Are you grieving a loss? Would you like a safe place to discuss your grief? A chance to meet new people and be with others who understand? Join us for a monthly bereavement group hosted by Barbara King, R.N., Executive Director of Supportive Hands Hospice. Free and open to adults.

Tuesday, July 21, 1:30-2:30 p.m. - Dying For A Mystery Book Club– Goodbye Coast *by Joe Ide*

Tuesday, July 21, 6-7 p.m. - No-Wrong-Way Photography Club | Join us monthly at The No-Wrong-Way Photography Club to share tips, critique each other's work, and get inspired. This group is open to photographers of all skill levels. The objective of individual members is to cultivate a personal style and enhance the quality of their photographs to an artistic level. The theme for the following month will also be discussed. *Digital photos can be submitted to photoclub@apachejunctionaz.gov.*

Thursday, July 30, 5:30 p.m. - Dungeons & Dragons | Players new and experienced can come play this fun 1 shot game!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CALL TO ARTISTS
FOR THE 26TH ANNUAL GC ARTS FESTIVAL

Saturday, January 23, 2027

The Gold Canyon Arts Festival is a 1-day event held on the 4th Saturday of January each year. Many of our participating artists call our Festival the best 1-day show in the state based on turnout and sales. The sponsor of the event is the Gold Canyon Arts Council in co-operation with the Artists of the Superstitions. This year's Festival will again be held on the grounds of the United Methodist Church at 6640 S. King's Ranch Rd. in Gold Canyon, AZ 85118.

This venue offers good parking and drive-by visibility. Typically, 80 – 85 artists are accepted to show their work. Previous year's attendance was about 4,000 during the festival hours of 9 AM to 3 PM. Reserved artist spaces are 10 ft. X 10 ft. (tents are encouraged but not required). Your cost is a $35.00 non-refundable Application fee and if selected by the jury, a $150.00 Artist fee, plus the contribution of a piece of your art to support the Gold Canyon Arts Council's Arts Education programs.

Artist Hospitality volunteers are available to help you find your assigned space and "tent sit" during the day to allow you to take breaks. Restrooms are available inside the church. The festival also features food vendors and musical performances throughout the day.

All artists will be juried into the show. Your submitted work will be juried in one of the following categories: • Painting/ Drawing • Glass art • Photographic art • Wood art • Clay art • Jewelry • Metalwork art • Natural products (e.g., gourds, seeds) • Other

You may submit up to two categories but you may sell your work only in the categories approved by the jury. No brokered/ factory produced or imported items are allowed.

Applications will be accepted beginning April 4, 2026 and the deadline is: November 2, 2026. Notification of acceptance will be on or about November 21, 2026. Applications are through the ZAPP website https://www.zapplication.org/event-info.php?ID=14514

Carole Lindemann, Gold Canyon Arts Festival Chair
Carbill5@mchsi.com • 480-296-6502

LIVE IT WELL

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PROGRESS HAPPENS ONE STEP AT A TIME

We live in a world that loves dramatic before-and-after stories. We celebrate the huge weight loss, the finished project, the retirement dream, the promotion, or the major life milestone. Those moments are exciting and inspiring, but they can also create the illusion that success happens all at once.

In reality, most meaningful progress happens quietly. It happens when you show up for a workout on a day you almost stayed home. It happens when you choose a short walk over sitting on the couch. It happens when you make one healthier choice, get to bed a little earlier, or simply decide to try again after a difficult week. The truth is that lasting change is rarely built through giant leaps. It is built through small, consistent steps repeated over time.

When You Keep Showing Up, Progress Follows

Small steps. Consistent effort. Meaningful change.

Before setting goals, it helps to get clear about what matters most to you. Instead of focusing only on outcomes, think about the life you want to create. What do you want your days to look like? How do you want to feel? What is most important to you right now?

For many people, the answers fall into a few key areas of life: health, family and relationships, finances, personal growth, hobbies, or making a positive impact on others. While these priorities may look different for each of us, they provide a starting point for creating meaningful progress. Once you know what matters most, the next step is surprisingly simple: choose a few actions that move you in that direction.

If better health is your priority, your actions might include attending fitness classes each week, taking a daily walk, improving your sleep habits, or preparing healthier meals. If strengthening relationships is your focus, it could mean scheduling regular time with family or reaching out to a friend you've been meaning to call. The secret is not finding the perfect plan. The secret is consistently taking action.

Many people underestimate the power of small actions because they seem insignificant in the moment. One workout does not transform your health. One healthy meal does not change your life. One good night's sleep does not solve every problem. But repeated over weeks and months, those choices begin to compound. They create momentum, and momentum is powerful.

Motivation often gets us started, but momentum is what keeps us moving forward when motivation fades. The people who achieve long-term success are not always the most talented or the most disciplined. More often, they are the people who continue showing up, even when progress feels slow.

One of the best ways to stay motivated is to notice your progress. Not obsessively and not by tracking every detail, but simply by paying attention. Are you walking farther than you were a month ago? Do you have more energy during the day? Are you sleeping better? Do you feel stronger carrying groceries, getting up from a chair, or keeping up with your children or grandchildren? These everyday improvements are powerful signs that your efforts are working.

Too often, we focus only on how far we still have to go and forget to acknowledge how far we have already come. We check something off the list and immediately move on to the next goal without celebrating the progress that got us there. Instead, take a moment to recognize the small victories. Every workout completed. Every healthy choice made. Every time you choose to begin again. Those moments matter because they are evidence that you are becoming the person you want to be.

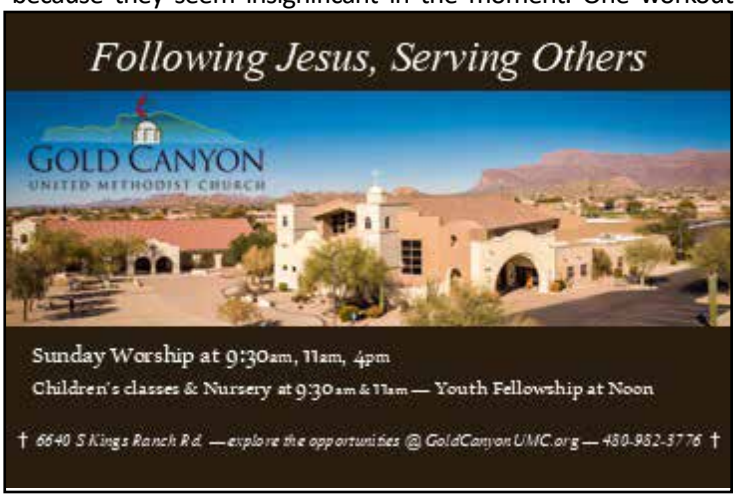
At the end of each week, ask yourself a few simple questions: Did I show up for myself? What went well? What would I like to improve next week? Then keep moving forward.

Progress is rarely perfect. There will be missed workouts, busy schedules, unexpected setbacks, vacations, and days when motivation is nowhere to be found. That is normal. The goal is not perfection. The goal is returning to the path again and again.

At our studio, we see this every day. The members who experience the greatest success are not necessarily the ones who start the strongest. They are the ones who keep coming back. They trust the process, celebrate small wins, and continue taking the next step.

Because big dreams can feel overwhelming when viewed from a distance. But today's step? That's manageable. And when you consistently place one foot in front of the other, progress becomes inevitable.

Over time, those small steps create something extraordinary: a healthier, stronger, more energized version of you living Your Best Life.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SONORAN DESERT LANDSCAPES

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TREE OF LIFE

Plants native to the Sonoran Desert can be beautifully incorporated into your landscape. One favorite is the Mesquite Tree which, with its graceful limbs and delicate leaves, provides shade and elegance to your yard. There are several types of Mesquites: Honey Mesquite, Screwbean Mesquite, and Velvet Mesquite. The seed pods from these varieties can be harvested and milled into flour. A fourth variety of Mesquite, the Chilean Mesquite, is not appropriate for flour production. To determine the type of Mesquite growing in your yard look at the flowers and seed pods. Flowers of the Honey Mesquite are approximately three inches long producing a pod about eight inches long. The Screwbean is easy to spot as it produces corkscrew shaped pods. Fragrant green-yellow spikes of flowers, about four inches long, identify your tree as a Velvet Mesquite.

The Mesquite is known as the Tree of Life in the Southwest. A type of legume, Mesquite is a nitrogen fixer. It has a symbiotic relationship with nitrogen fixing bacteria that reside in nodules within its root system. Through this relationship, atmospheric nitrogen is transformed into a compound that is more readily available for assimilation by other plant life. Glance under any wild Mesquite and you will find a rich, diverse micro habitat serving as a "nursery" for other seedlings. Besides supporting other plant life, the Mesquite provides nourishment for a wide variety of insects and animals. Bees drink up its nectar for honey production and animals from coyotes to livestock enjoy the sweet bean pods.

Mesquite pods are ready to harvest early summer. A quick way to determine if the pods are ready for harvesting, simply pick one and break it in two. If it snaps, it's ready to harvest. Chew on the pod for a moment: if it's sweet, it's likely to make good mesquite flour. Always harvest directly from the tree as pods that have fallen to the ground can become infested with insects.

To prepare your own Mesquite flour, ensure your pods are completely dry. You can dry them in an oven or dehydrator set on low for a few hours or spread them in the sun. Break the dry pods into one-to-two-inch pieces then place in a tough blender. Sift out the fine flour and re-blend the leftover chunky bits until all is ground to powder. Store your flour in a glass jar in a cool, dark place for up to six months. Generally, you can substitute one part of mesquite for every three parts of regular flour.

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Friday June 12th Was An Evening To Remember! Lori Blank & Associates celebrated the SUPERSTAR Achievements Of 2025! The event was held at the Gold Canyon Golf Resort & The Stars Definitely Came Out To Shine! Joanne West Provided AMAZING Images & The Evening Was Truly Magical!

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The Ultimate
PEANUT BUTTER PIE

This rich peanut butter pie is the ultimate flavor combo. Built on an Oreo cookie crust with a peanut butter filling, and chocolate ganache! Topped off with chopped peanuts and Reese's Pieces.

CRUST: In a food processor, pulse 22 Oreos into a fine crumb. Pour crumbs into a large bowl. Add the melted butter and stir to combine. The mixture will be thick and quite wet. Break up any large chunks. Pour the mixture into an ungreased 9" pie dish. Pat the crumbs down into the bottom and up the sides to make a compact, thick crust. Bake for 10 minutes. Allow to cool as you prepare the filling.

GANACHE: Place chopped chocolate in a medium heat-proof bowl. Heat the cream in a small saucepan over medium heat, stirring occasionally. Once it comes to a simmer, immediately remove from heat and poor over the chocolate. Let sit for about 3 minutes to soften the chocolate, then stir gently until the ganache is smooth. Set aside at room temperature and allow it to slightly cool. During this time, it will gradually thicken.

FILLING: Using a hand or stand mixer fitted with a whisk attachment, beat the heavy cream on medium-high speed until stiff peaks form, about 3 minutes. Spoon the whipped cream into a bowl and set aside. Using same mixing bowl, beat the cream cheese on medium-high speed until smooth. Then add the peanut butter, confectioner's sugar and vanilla extract and beat until combined. Mixture will be thick. Fold in the whipped cream with a silicone spatula until smooth. Be gentle, you don't want to deflate the cream. Spread filling into the cooled crust. Then spread the chocolate ganache on top of the filling.

TOPPINGS: Sprinkle the chopped nuts and Reeses' pieces all around the edge of the pie.

Chill pie in the refrigerator for at least 6 hours. If chilling for longer than a day, loosely cover it. ENJOY!!

Ingredients—

OREO CRUST

- 22 whole Oreo cookies, regular, not Double Stuff
- 5 Tablespoons unsalted butter, melted
- GANACHE
- ¾ cup heavy cream
- 6 oz. semi-sweet chocolate, finely chopped

PEANUT BUTTER FILLING

- 1 cup heavy cream, cold
- 8 oz full-fat brick cream cheese, softened to room temperature
- 1 ½ cups creamy peanut butter – like Jif or Skippy (do not use natural style or oily peanut butter)
- ¾ c confectioners' sugar
- 1 tsp pure vanilla extract

TOPPINGS:

- ¼ c Reese's Pieces, cut in half
- ¼ c chopped peanuts
- Preheat oven to 350 degrees.

Any questions or comments please contact Marsha at Marsha.Dorris.Realtor@gmail.com

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WHAT IS FUNCTIONAL HYPOTHYROIDISM?

How is it possible to have normal thyroid test results when you have all the symptoms of low thyroid function?

"Functional hypothyroidism" refers to a condition when the thyroid is producing a normal amount of thyroid hormone but other hormone imbalances effectively stop the thyroid molecules from functioning properly in the body. This condition is fairly common and often overlooked.

Many people recognize the signs of low thyroid (hypothyroidism) such as foggy brain, dry skin and hair, hair loss, fatigue, depression, weight gain, constipation, and hypersensitivity to cold. However, blood test results might show that everything appears normal. At this point, you might tend to look for other causes for the symptoms. But let's explore this a little further.

If there are plenty of thyroid molecules in the bloodstream but they aren't able to convert into the active form of thyroid in the cells to do their job, then the body reacts as though the thyroid isn't producing those hormones.

What Causes Functional Hypothyroidism?

So what's happening here?

An overproduction or an imbalance of certain other hormones in the body can interfere with how the thyroid hormones are working. For example, if a person is under a lot of stress, either physically or emotionally, the adrenal glands are probably releasing a lot of cortisol. This extra cortisol in the system can actually stop the conversion of thyroid hormones in the cells and keep them from working properly.

This can also be true in the case of estrogen dominance—a condition in which the estrogen hormone levels are too high in relation to the amount of progesterone in the system. The excess estrogen can interfere with the conversion and action of the thyroid hormone.

In this state of functional hypothyroidism, the body is exhibiting the symptoms of low thyroid even though the thyroid gland may be perfectly healthy.

Detection and Treatment

The first step to restoring health is to determine which, if any, hormones are out of balance. A combination of both blood and saliva lab tests and a careful examination of the symptoms by a knowledgeable medical professional can zero in on these imbalances.

The next step is to establish a protocol designed to bring those hormones into a healthy balance. That may mean finding and treating the root cause of the overproduction of stress hormones like cortisol. In the example of estrogen dominance, it may be as simple as supporting the liver to help metabolize too much estrogen or using certain hormone supplements to bring things into balance.

Once we identify and address these hormone imbalances, the symptoms of hypothyroidism start to disappear without the need for thyroid medications.

WE HOLD THESE TRUTHS...

By Marcia Nelson

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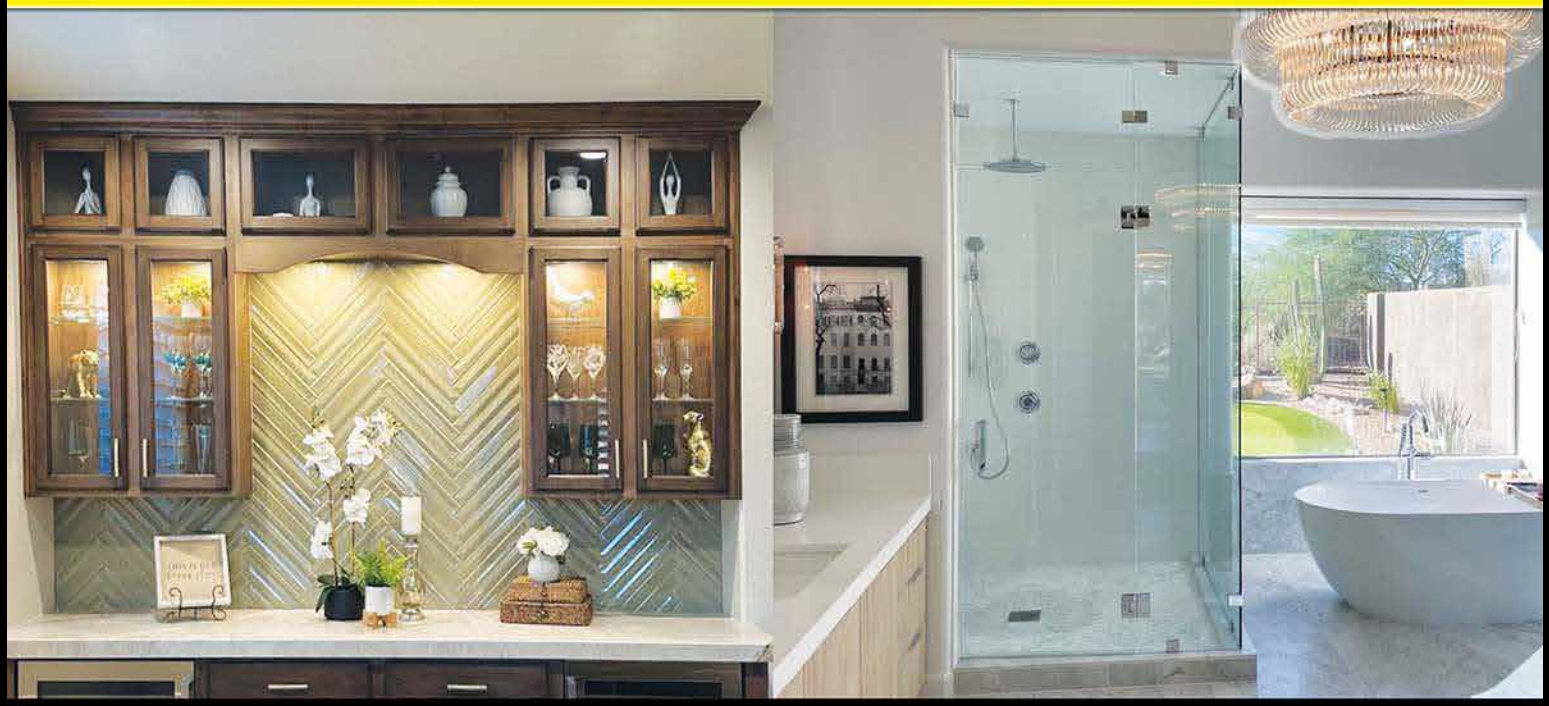

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FIVE QUESTIONS THAT COULD CHANGE HOW YOU SEE RETIREMENT

Saving for retirement is important, but it's only part of the picture. If you're within five to 10 years of your target retirement date, it's time to start thinking about what you actually want your retirement to look like. After all, getting to retirement isn't the end goal — it's what you want to do once you're there that matters.

START BY ASKING YOURSELF THESE FIVE QUESTIONS.

When do you want to retire? The age at which you retire matters more than you may realize. Retiring early sounds appealing, but it means saving more and having less time to do it. It can also create gaps in health care coverage and income before key benefits kick in. For example, Social Security benefits can begin at 62, but at a reduced amount. Full benefits are available between ages 66 and 67, depending on birth year, and waiting until 70 means the maximum benefit. Medicare doesn't start until age 65, and penalty-free withdrawals from retirement accounts generally aren't allowed until age 59½.

For couples, timing gets even more complicated. Staggering retirement dates can sometimes maximize benefits; in other cases, retiring at the same time works better.

A financial advisor can help you sort through these decisions and find the approach that makes the most sense for your situation.

How do you want to spend your time in retirement? Many new retirees are surprised to find that having unlimited free time feels disorienting rather than freeing. Thinking ahead about how to fill the days with meaningful activity – whether that's travel, volunteering, pursuing hobbies or spending more time with family – can make the transition smoother.

It helps to sketch out what a typical week, month or even first year might look like. If there are big gaps, it's worth thinking now about what might fill them in rewarding ways.

Where do you want to live as a retiree? Some retirees stay put, while others downsize or relocate entirely. Either way, it's wise to consider whether a chosen location will work well as you get older, taking into account factors like proximity to family, access to health care, cost of living and climate.

What will your retirement lifestyle cost? It's not uncommon for retirees to discover that their travel, entertainment or leisure expenses were higher than expected. The more active and involved you plan to be, the more you will likely need to budget.

Does your retirement involve giving back? Retirement often brings both the time and motivation to be more generous. Whether the goal is helping family members, donating to charity or volunteering in the community, it's worth defining those goals and building them into an overall plan.

Now that your vision is taking shape, turn it into a plan. Work with your financial advisor to align your savings with the life you want — and revisit that plan as your priorities evolve so your retirement keeps pace with you.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. — Edward Jones, Member SIPC.

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GOLD CANYON'S HIDDEN GEM

Emerging Artist John Vig Sr.

By Joanne West

The Arizona sun hung low over Gold Canyon, casting long, amber shadows across the desert floor. In his studio, John Vig Sr. ran a calloused hand over the twisted length of a fallen saguaro rib. To anyone else, it was debris. To John, an elder of the Dakota tribe, it was a conversation waiting to begin. He didn't force a vision onto the wood; he followed its natural lines, listening to the textures, shapes, and ancient rhythms etched into the bark.

The studio carried a quiet reverence as the one-year milestone of his wife Kathy's passing approached. For decades, Kathy had been the quiet wind at his back, the laughter echoing through his creative spaces, and the primary muse for his playful, passionate spirit. When John created, he created to make her smile. Every gemstone nestled into a groove, every brilliant ribbon of metal woven through the grain, was a testament to the joy they shared.

He was currently contemplating the title *Roots of Life* for a piece destined for the new Gold Canyon Art Gallery. It felt deep and meaningful, similar to the another sculpture staged prominently on the wall of the local Gold Canyon Café—a three-foot *Tree of Life* he had gifted them. Meticulously woven with gleaming copper and weathered barbed wire, it had been one of Kathy's absolute favorites, beautifully capturing the desert's harsh resilience and striking beauty.

Generosity is simply John's way of moving through the world, a philosophy deeply rooted in his heritage. His one-of-a-kind pieces range anywhere from $75 to $5,000, yet their true value isn't in the price tag; it's in the spirit poured into them.

Picking up a brilliant fragment of Arizona's finest turquoise, John carefully inset the blue-green stone into a crevice of the inner bark, securing it with a delicate web of copper wire. The metal caught the afternoon light, gleaming like a sudden spark of memory.

He smiled, a wave of profound peace washing over him. The push to share his creations with a wider public wasn't about fame; it was about legacy, love, and natural grace. For those wishing to experience this legacy firsthand, more of his work can be viewed and purchased directly from his Gold Canyon studio by appointment, keeping the vibrant soul of the desert art alive.

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